

# **Prospects for Independent Living**

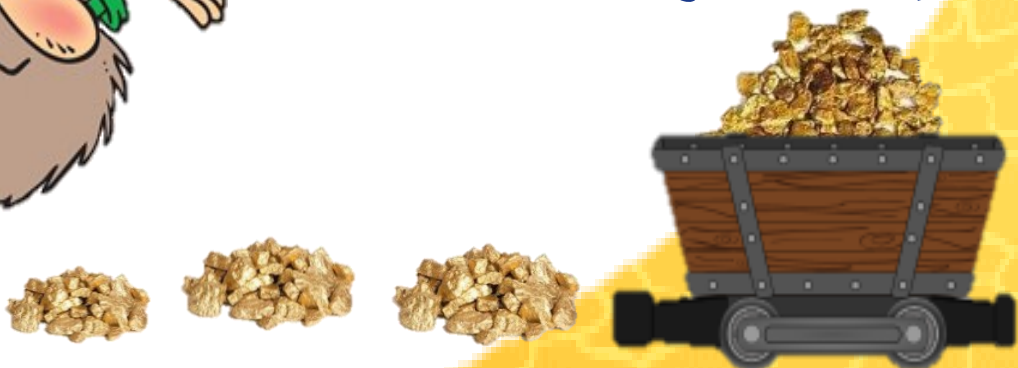
October 14 -15, 2013

Scheman Building

Ames, Iowa



**Mining for Options**



# Prospects for Independent Living:



TERRY E. BRANSTAD  
GOVERNOR

## OFFICE OF THE GOVERNOR

KIM REYNOLDS  
LT. GOVERNOR

### A MESSAGE FROM OUR GOVERNOR

Welcome to the Prospects for Independent Living – Mining for Options Conference. This unique conference promises to be both educational and entertaining. The conference agenda is filled with informative workshops, dynamic speakers and opportunities for networking. Some of Iowa's oldest citizens will be honored during Monday's luncheon during the Centenarian Honors Celebration.

Key note presenters include Steve Siemens, Mr. People Builder, who will inform and entertain you with his motivational and humorous style.

Workshops offer a wide range of topics related to keeping older Iowans and adult Iowans with disabilities living happy and healthy in their communities.

Be sure to stop by the exhibits offering information on a variety of health issues and life planning.

Best wishes for a memorable and enriching conference.

Sincerely,

A handwritten signature in black ink that reads "Terry E. Branstad".

Terry E. Branstad  
Governor of Iowa



# Mining for Options



Dear Colleagues,

Each day consumers, their caregivers, and other organizations turn to each of you to address a challenge in keeping personal independence. We hope the next two days at this conference will offer you some additional ideas, resources, and partners in addressing those challenges.

The agenda reflects a variety of topics and presenters that have been asked to share different and creative approaches that you may want to utilize. The exhibitors are here to share how they might assist you. The sponsors of this conference allow us to offer this opportunity to each of you at a reasonable rate. We hope you leave feeling you are better prepared to meet the mission of maintaining independence for the customers that turn to you for that support and assistance!

The technology room and vendors have been set up to allow you some one on one opportunities to learn more about some of the technology you currently own, operate or are contemplating owning. Please take advantage of their expertise.

Our plenary session speakers Steve Siemans, Dr. Yogesh Shah, and Dr. Coon were recruited to share encouragement and wisdom based upon others having heard them speak and with topics that are addressed daily in our work lives.

Monday at 5:00 PM you are invited to participate in a Commission on Aging meeting being held in the Room 220. The Commissioners will be introduced so you may have the opportunity to interact with them during the conference.

The special recognitions we will celebrate during the conference will begin with the Betty Grandquist Lifetime Achievement award and the recognition of nearly 25 individuals who bring to us over 2500 years of experience!

We hope you enjoy the conference, find new friends and partners, leave with new information and motivation to continue to improve the lives of Iowans and to assist them in continuing to achieve Independent Living where and how they desire to live.

Thank you!

A handwritten signature in black ink that reads "Donna K. Harvey".

Donna K. Harvey  
Director, Iowa Department on Aging



# Conference Schedule at a Glance

## Monday, October 14, 2013

9:00 am to 4:45 pm	Registration and Exhibits Open
10:00 am to 11:00 am	Keynote—Steve Siemens, Staying UP in an Up-Side Down World
11:00 am to 11:30 am	Refreshment Break with Exhibitors
11:30 am to 12:30 pm	Concurrent Workshops, Session A
12:30 pm to 2:15 pm	Luncheon with Dr. Yogesh Shah, Active Aging: Living a Healthier, Longer Life Centenarian Celebration with Governor Branstad and Lt. Governor Reynolds & the Betty Grandquist Lifetime Achievement Award
2:15 pm to 3:15 pm	Concurrent Workshops, Session B
3:15 pm to 3:45 pm	Refreshment Break with Exhibitors
3:45 pm to 4:45 pm	Concurrent Workshops, Session C
5:00 pm	Iowa Commission on Aging Meeting

## Tuesday, October 15, 2013

7:30 am to 8:30 am	Continental Breakfast and Networking
8:30 am to 9:30 am	Concurrent Workshops, Session D
9:30 am to 10:00 am	Refreshment Break and Networking
10:00 am to 11:30 am	Keynote—Dr. David Coon, Family Caregiver Interventions: Where Are We and What's Next?
11:30 am to 12:30 pm	What's Next for Iowa? Panel of Experts Director Donna Harvey, Moderator <ul style="list-style-type: none"><li>• Director Mariannette Miller-Meeks—Public Health</li><li>• Director Becky Harker—Disability Network</li><li>• Policy Consultant John Hale—Workforce</li><li>• Bureau Chief Theresa Armstrong—Mental Health</li></ul>

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# General Information

## Registration and Information

The Registration and Information desk is located on the second floor of the Scheman Building (map included) to your left coming off the elevator.

Iowa Department on Aging Staff and volunteers, identified by ribbons, will be there at all times to answer any questions and assist you during the conference.

## Technology Room:

### Cellular Phones and Tablets

The technology room and vendors have been set up to allow you some one on one opportunities to learn more about some of the technology you currently own, operate or are contemplating owning. Please take advantage of their expertise.

Out of courtesy to other attendees, please mute your cellular telephone and/or tablet volume during workshops and general sessions.

## Certificate of Attendance

Please check in at the registration desk to obtain your certificates of attendance. A room monitor will mark the back of your certificate to verify attendance at the conclusion of each session. **KEEP YOUR CERTIFICATE WITH YOU AT ALL TIMES. MONITORS WILL NOT MARK YOUR CERTIFICATE EXCEPT AS YOU EXIT THE SESSION.**

Any conference participant may request a Certificate of Attendance during registration.

## Exhibits

Be sure to visit the exhibit area located in the Atrium on the second floor. Exhibits are open throughout the first day of the conference. Use this as an opportunity to network with these individuals. A complete listing of the exhibitors is included in your conference packet.

## Wi-Fi

Open a web browser and enter [netreg.iastate.edu](http://netreg.iastate.edu) if the ISU NetReg page does not appear automatically.

Click "Guest Registration Here".

Enter your local contact information and click "Next".

Read the terms and check "I Agree".

When instructed, close your browser and reboot your computer to complete the registration process.

When you re-open your browser you will be connected to the ISU network.



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Formed by the six Area Agencies on Aging in Iowa, the Iowa Association of Area Agencies on Aging (i4a) is a non-profit organization dedicated to addressing the needs and concerns of older individuals, individuals with disabilities and caregivers.



# Monday, October 14, 2013

9:00 AM to 4:45 PM      Registration.....2nd Floor Atrium  
Exhibits Open.....2nd Floor Atrium

10:00 AM                  Welcome and Housekeeping .....Room 220

## Keynote Address—10:00 AM to 11:00 AM (Room 220)



“Staying UP in an Up-Side Down World”

### Steve Siemens, CSP

*President, Siemens People Builders, Inc.*

From time to time, any job can be very stressful. People can lose their perspectives very easily if they aren't careful. “Staying UP” to so many people seems like living in the clouds of unreality. The fact is everyone can stay UP. There are six areas that help people face life with excellence, passion, and enthusiasm. The six areas are: purpose, people, problems, perspective, positivism, and persistence. This session will take those six areas and help each person implement them into their lives and work. It will be fun, very practical, and very useful. Skills that will be developed include attitude, thinking, leadership and creativity.



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# Conference Workshop Planner

## Monday, October 14

<b>10:00 - 11:00</b>	<b>Rm 220 Steve Siemens</b> , People Builders: Staying UP in an Up-Side Down World					
<b>11:30 - 12:30</b>	<b>A1—Rm 262</b> Food Insecurity Among Older Adults <b>C. Gundersen</b> <b>K. Sovern</b>	<b>A2—Rm 260</b> Elder Care Issues & Mediation <b>T. Parsons</b> <b>K. Hall</b>	<b>A3—Rms 250-252</b> Ethics & Elder Rights: Guarding Your Claim <b>C. Gogerty</b> <b>C. Smith</b>	<b>A4—Rm 275</b> Who's Who in Disability <b>D. Mitchell</b> <b>J. Bergeson</b> <b>B. Harker</b> <b>M. Williams</b> <b>S. Lyons</b>	<b>A5—Rm 254</b> Design for the New Autism Nation <b>D. Satterfield</b>	<b>A6</b> <b>Rm 204</b> Assistive Technology <b>J. Gay</b>  <b>Rm 208</b> Smart Homes <b>J. Turnquist</b>
<b>12:30 - 2:15</b>	<b>Rm 220 Dr. Yogesh Shah</b> : Active Aging: Living a Healthier Long Life Centenarian Celebration with <b>Governor Branstad &amp; Lt. Governor Reynolds</b> Betty Grandquist Lifetime Achievement Award					
<b>2:15 - 3:15</b>	<b>B1—Rm 275</b> Aging and Disability Resource Center <b>M. Isaacson</b> <b>I. Gleason</b> <b>J. Sample</b>	<b>B2—Rm 260</b> Private Care Contracts <b>R. Barnett</b> <b>M. Nguyen</b>	<b>B3—Rm 262</b> Volunteer Programs: Panning for Gems <b>M. Bentrrott</b> <b>A. Lounsbury</b> <b>V. Hover-Williamson</b>	<b>B4—Rms 250-252</b> Fund Development & Enhancement <b>J. Faber</b>	<b>B5—Rm 254</b> Technology, Product Design, Life Span and Aging <b>J. Terpenney</b>	<b>B6</b> <b>Rm 204</b> Verizon <b>Z. Langen</b>  <b>Rm 208</b> Hammer Pharmacy <b>W. Flatt</b>
<b>3:45 - 4:45</b>	<b>C1—Rm 262</b> Institutional Trends <b>S. Ackerson</b> <b>B. Nutty</b>	<b>C2—Rm 275</b> Innovations to be Able to Stay Home Longer <b>J. Bergeson</b> <b>L. Sherwin</b> <b>J. Hutson</b> <b>J. Dorhout</b>	<b>C3—Rms 250-252</b> Uniform POA Act & GAIN: Protecting Your Bag of Gold <b>P. Thorson</b> <b>S. Pollard</b>	<b>C4—Rm 260</b> Medicaid, ACO/ Medical Home/ SIM <b>M. Brussell</b>	<b>C5—Rm 254</b> Clothing Design and Adaptation <b>Y. Lee</b>	<b>C6</b> <b>Rm 204</b> Apple <b>S. Jaeger</b>  <b>Rm 208</b> Easter Seals <b>K. Karwal</b>

## Tuesday, October 15

<b>8:30 - 9:30</b>	<b>D1—Rm 262</b> Motivational Interviewing <b>L. Snetselaar</b>	<b>D2—Rm 260</b> Connecting Families with Technology <b>A. Carroll</b> <b>P. Johnston</b> <b>G. MacRae</b>	<b>D3—Rm 275</b> Advocacy Roles <b>R. Cooperrider</b> <b>J. Hudson</b> <b>K. Murphy</b> <b>B. Townsend</b>	<b>D4—Rms 250-252</b> Assistive Technology & Independence <b>G. Johnson</b>	<b>D5—Rm 254</b> Senior Health Insurance Information Program (SHIIP) <b>K. Gross</b>	<b>D6</b> <b>Rm 204</b> Advanced Rehab <b>T. Ascherl</b>  <b>Rm 208</b> Transportation <b>K. Haar</b>
<b>10:00 - 11:30</b>	<b>Rm 220 Dr. David Coon</b> : Family Caregiver Interventions: Where Are We and What's Next?					
<b>11:30 - 12:30</b>	<b>Rm 220 Panel of Experts</b> : Director Harvey, Moderator: What's Next for Iowa?					





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# Concurrent Sessions A

## 11:30 AM—12:30 PM

**Room 262 A1—Food Insecurity Among Older Adults:** This presentation will address the following: the extent of food insecurity among older adults; the determinants and health consequences for food insecurity; new information obtained by AARP about peoples' perception of food insecurity; ways to get involved and make a difference for older adults.

*Craig Gundersen, Ph.D., Professor, University of Illinois*

*Kent Sovern, State Director, AARP Iowa*

**Room 260 A2—Elder Care Issues and Mediation:** The Iowa Association of Mediators, the Department on Aging and the Area Agencies on Aging are partnering to develop a mediation program to address elder issues. Mediation, or shared decision making, is a process in which people meet in a private, confidential setting to work out a solution to their problem with the help of a neutral person (a mediator). Such issues may include health care decisions, financial decision, living arrangements, and family relationship and communication issues.

*Terry Parsons, JD, Olsen & Parsons Law Firm, Iowa Association of Mediators*

*Kristen Hall, JD, K H Mediation, Iowa Association of Mediators*

**Rooms 250–252 A3—Ethics & Elder Rights: Guarding Your Claim:** Crimes against Older Iowan's are increasing and many factors such as undue influence, misuse of power of attorney documents and family conflict make these situations complicated and at times, difficult to prosecute. This workshop will discuss case examples, options for prosecutions, and the ethical role of attorneys in combating these issues and protecting elder rights.

*Celene Gogerty, JD, Asst. Polk County Attorney, Polk County Attorney's Office*

*Chantelle Smith, JD, Asst. Attorney General, Attorney General's Office*

**Room 275 A4—Who's Who in Disability:** This workshop will showcase a panel of experts in the disability network. Each will discuss their organization's mission, purpose and outreach and the many opportunities for individuals with disabilities to be independent, productive, and included in their communities. Such tools as a leadership training program, technical assistance, advocacy techniques, etc. will be discussed. The panelists will share a variety of needs and identify critical issues to help people discover there are many effective strategies and simple solutions to solve everyday problems.

*Becky Harker, Executive Director, Iowa Developmental Disabilities Council*

*Mike Williams, Disability Consultant, Department of Human Rights/Office for Persons with Disabilities*

*Stephanie Lyons, Disability Consultant, Department of Human Rights/Office for Deaf Services*

*Julie Bergeson, Rehabilitation Teacher, Iowa Department for the Blind*

*David Mitchell, Administrator, Iowa Vocational Rehabilitation Services*

**Room 254 A5—Design for the New Autism Nation: Evidence-Based Design Strategies for Autism and Cognitive Disabilities:** This workshop will discuss a recent research study that is expected to employ evidence-based strategies that can be used to design a wide range of products and services for children with autism. This research will be made available to designers, educators, parents, and other people involved in the care and service of persons with autism so that products and services can be designed for children with autism that better meet their unique needs and enhance their quality of life.

*Debra Satterfield, Graphic Design Associate Professor, Iowa State University*

**Rooms 204 & 208 A6—Technology Room:** Bring your notebooks, kindles, iPods, iPads, iPhones, smartphones, etc. for ideas and answers to questions on how to get the best from the helpful gadgets in the technology world. The technology room will have experts available throughout the conference to help you optimize electronic resources.

# Celebrating Iowa's Centenarians

Monday, October 14, 2013

12:30 PM – 2:15 PM

Room 220

*“Active Aging: Living a Healthier, Longer Life “*

**Yogesh Shah, MD**

*Associate Dean, Global Health, Director Memory Clinic,  
Des Moines University*

We are aging—not just as individuals or communities but also as a world. By 2030 1 billion— one in every eight – of the Earth's inhabitants will be 65 and older. In Iowa those numbers would change from 65,000 currently to 350,000.

Aging is a success story. It represents the triumph of public health, medical advancement and economic development over diseases and injuries which have constrained human life expectancy for thousands of years. It also brings challenges: healthcare challenges, city planning changes, nutritional and economic challenges to name a few. One approach to meet these challenges may be in “active aging”.

Active aging is a process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. Introducing active aging policies and programs means recognizing that changes in behavior and promotion of the adaptation and maintenance of good lifestyles must continue and that developing and adapting services and infrastructure must also be promoted.

**Master of Ceremonies:** Dan Kaercher (host of the Iowa Public TV program *Iowa's Simple Pleasures* and retired editor-in-chief for *Midwest Living* magazine)

**Governor Branstad & Lt. Governor Reynolds:** Remarks and presentation of certificates of honor to the centenarians present

**Betty Grandquist, Iowa Commission on Aging Chair:**

Presentation of the Betty Grandquist Lifetime Achievement Award





# *Celebrating Iowa's Centenarians*

*November 16, 1912*

**Loren Bamford** On November 16, 1912, Loren's father came in from the corn field near Belmond Iowa to deliver him!

About 30 years later, he married Lirlene Oppedal and they began 61 years of marriage. A lifelong farmer, Loren grew corn and soybeans and raised Black Angus cattle. He ALWAYS used John Deere equipment. Loren and Lirlene moved into Belmond in the late 1990s. Loren is one of the founding members of the Belmond Historical Museum. And he presided for years over elections in Belmond Township. Loren is proud of his lifelong affiliation with the Democratic Party!

---

*October 17, 1912*

**Melvin Coil** was born in Greene County where he lived most of his life . . . until at age 99 . . . Melvin moved to Manson to be close to his girlfriend!

In earlier days, Melvin worked for his uncle, welding and farming. He had one child with his first wife, a son who succumbed to cancer years later.

Melvin owned his own welding shop until his retirement in 1974, then started a new career with the Jefferson Fire Department.

Melvin met Edna in 1991 while dancing at the Bohemian Hall in Ft. Dodge. He moved to Manson in 2004 to be closer to her. She passed away in 2012.

**Words of Wisdom for Living a Long Life:**

"Decide what you want to do and do it well."

---

*May 16, 1912*

**Orville Davis** was born in Illinois but we will claim him as our own since he moved to Iowa when he was one year old and enjoyed over 101 years of the rural Iowa lifestyle. He graduated from Nevada High School and farmed in rural Roland his entire life with wife Minerva. He was active in Kiwanis club for over 50 years.

Orville lives at Timberland Village in Story City where he maintains his own apartment.

**Words of Wisdom for Living a Long Life:**

"I do my own cooking"

---

*October 17, 1912*

**Ramona Esbeck** grew up on a farm near Elkhorn. She taught in rural schools before receiving her degree from Iowa State Teachers College (UNI). Eventually she began a 28-year career with the ISU Extension Service. She received her masters degree from Iowa State.

Her career of service was recognized with the Extension Service Outstanding Achievement Award in 1955.

Ramona is still an active member of Ames Women's Club and she participates in many programs at Northcrest Community retirement center, including bridge. She also loves to walk and make beautiful rosemaling gifts.

---

*October 1, 1910*

**Louis Frederick** grew up in Wisconsin and met his wife of 74 years in Kansas at a country dance. Dreams of a broadcast career brought him to Iowa. He was a TV and radio engineer at WHO where he worked with Jim Zabel, Jack Shelley, Herb Plambeck . . .

Louis and his wife traveled extensively in the U.S. and globally.

**Words of Wisdom for Living a Long Life:**

"Enjoy life and look on the bright side. Be thankful. Keep your faith and maintain good health. "I have been blessed and lucky today."

*February 13, 1912*

**Ada Garn** was born on February 13, 1912 in Viborg, South Dakota to John and Anna Matson. Her parents were Danish immigrants. She was raised as an only child because her brother and sister were quite a bit older. As a teenager she worked at the General Merchandise store where she was in charge of shoes. Good material sold for .19 cents/yard.

In high school she played basketball and was on the debate team. She married Leslie Garner in 1935 and they farmed near Cherokee, Iowa. In 1946 they moved with their children Larry and Jane Ann to Long Beach, CA where they operated a grocery store for 5 years until moving back to a farm near Colo, IA. They moved to Ames in 1969 where she worked as a cook and her husband worked for the sign shop.

She still enjoys playing 500, cooking, reading and visiting with friends.

***Words of Wisdom for Living a Long Life:***

"Eat right, drink milk, and eat meat. Enjoy life. Don't give up!"

---

*September 5, 1910*

**OraLee Grabau** was born and raised in Woodward. She taught school for 40 years. She has 2 sons, 8 grandchildren and 7 great grandchildren.

She went on a cruise a few years ago. She wasn't afraid but people thought she would be!

***Words of Wisdom for Living a Long Life:***

"Long lives run in the family:

Grandmother's sister - 104

Another sister - 102

Several cousins lived to be 100"

---

*February 8, 1913*

**Myrle Graves** When Myrle was in grade school, she rode to school on a horse-drawn school bus, which was a horse and wagon driven by a neighbor boy. In the winter, they heated a rock on the cook stove to provide warmth on the way to school. In high school, Myrle lived and worked for families in town in exchange for room and board since the home farm was too far away. She played 6-on-6 girls basketball and remains a sports fan today. Myrle and her husband had four children, 14 grandchildren, 27 great-grandchildren . . . and now 23 great-great grandchildren with more on the way!

***Words of Wisdom for Living a Long Life:***

"We didn't know how hard we had it back then. Everyone was in the same boat. You have to accept some things and be thankful for what you have."

---

*August 20, 1908—our oldest honoree (105)*

**Arthur Grewe** lives in Bellevue. Arthur was born in Des Plaines, Illinois and raised on a farm. Arthur worked for years as a mechanic, working on cars and tractors and later was employed by Cooke County Highway Department. He married his wife, Gertrude, in the 1930's.

After retirement, Arthur continued to work on car engines 'just for fun'.

Arthur and Gertrude had one son, Dale, who accompanies him today. Arthur has four step-grandchildren and two step great-grandchildren.

***Words of Wisdom for Living a Long Life:***

"Not my choice but the good Lord's choice"



*March 25, 1913*

**Louise Huff** was the third child of Bert and Florence Sanborn, born near Russell, Iowa. After high school, Louise moved to Des Moines where she met her husband, Lewis Huff. Together, they had four sons and one daughter and Lewis had a 43-year teaching career in Waterloo. All four sons wrestled, a sport Louise found nerve-racking. During one match, she kept tightening her earring, only to find out she had pierced her own ear!!

Louise enjoys sewing, quilting, canning, yard work and gardening. Louise's personal goal is to attend a lot more centenarian celebrations!

***Words of Wisdom for Living a Long Life:***

"Keep looking up! In my first century of life, I didn't have as many aches and pains as I do in my second century!"

---

*May 8, 1913*

**Lulu Kearney ("Lu")** of Hubbard was the fourth child in a family of five brothers and three sisters and has outlived all of them. Her grandfather emigrated to the U.S. in 1849 from Bohemia and served in the Civil War.

Being a farm girl, she worked the land with work horses, and picked the corn and milked the cows by hand. She attended a one-room country school and it was her job to start the coal stove every day before each school day began.

In her early 20's, Lu was a maid for the aunt and uncle of 60 Minutes newscaster, Mike Wallace.

Lu enjoys crocheting and has made many beautiful afghans. She enjoyed teaching first communion classes for fourteen years and still remembers her students.

Everyone enjoyed Lu's made-from-scratch angel food cakes, pies and fresh bread!

For over 58 years, Lu has been a member of the Thursday Tea Club in Williams.

***Words of Wisdom for Living a Long Life:***

"Being a farm girl and growing up in the Midwest gave Lu a great work ethic. Having strong faith and a loving family has made her what she is today."

---

*June 24, 1913*

**Mabel Irene Krehbiel** was born on a farm in southeast Iowa. After marrying Don Krehbiel, they moved to Donnellson, Iowa, where their two daughters were born. Mabel lived her first 50 years in Iowa, then moved to Missouri, Florida and Texas before returning to her birth state.

***Words of Wisdom for Living a Long Life:***

"Three things: Bible, devotions and chocolate daily! Always look on the bright side!"

---

*November 17, 1912*

**Ernestine "MiMi" Lambertus** of Des Moines says that she has "enjoyed all of my 100 years!" MiMi met a wonderful man in 1932 and was married for 57 years of happiness. Together they raised three children. After their children were grown, MiMi spent much of her time volunteering and participating in several clubs. She also enjoyed travel to other parts of the world. Today she enjoys spending time with her grandchildren, great grandchildren and is hoping to see one or two great-great grandchildren!

***Words of Wisdom for Living a Long Life:***

"Just keep 'plugging along' and always look forward, never backwards!"

---

*February 16, 1913*

**Elizabeth Maland** Elizabeth was born in Huxley and has lived in the same house all her life! She was employed in Ames during her working years. She and her sister took care of their parents in their later years.

Many friends and family members have enjoyed coffee and treats on their front porch.

Church is at the center of her life and she strives to be a good influence to all.

***Words of Wisdom for Living a Long Life:***

"Take each day as it comes. Make each day count."

# *Celebrating Iowa's Centenarians*

*August 24, 1911*

**Helen Olson** When she was a young girl, her father and a group of other farmers together owned a steam engine and threshing machine. It was kept at their farm, and her dad drove it from farm to farm during threshing season. Men had to shovel coal into the back of the engine to build up the steam to run the belt. You could hear the engine puffing through the night as it built up steam.

Farmers came with their hay racks and worked together. When the men went to the farms of the bachelors, her mother, herself and young sister and brother would fix the noon meal for all the men who were working, making all the pies that morning.

A pail of water would be put in the sun in the morning, so the water could warm by noon. When the men came in, they would remove their work shirts, wash up, and come in for dinner in their undershirts. They would leave the outer shirts outside, since the shirts were covered with dust and straw. After dinner, they would go back out, put on their shirts and continue working.

As they were threshing they would pile the straw into large piles. Helen's father used to bury watermelons in their straw piles, so they could have fresh watermelon far into the fall. The straw kept them from freezing.

One time, when they were threshing, a tornado came through south of the area. It hit the north side of Nevada, did damage to the neighbor south of them, and went on to hit Randall, north of Roland. The men kept right on working through it.

Also, when she was 10 or so, she looked out the west window and saw a zeppelin flying toward the south.

## ***Words of Wisdom for Living a Long Life:***

"Well, we ate the right foods – home grown. My dad kept bees and we ate a lot of honey and sorghum. And we also used home remedies. But mainly, we went by the 10 commandments, trying to be kind and considerate to other people."

---

*October 16, 1910*

**Vera Osten** grew up on a farm next Baxter. She has one son, Norman. Vera enjoyed babysitting kids in town and fishing with her dad when she was young.

She is a loving and caring, person.

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*November 1, 1913*

**Wilma Otis** taught in a one-room school house. She tells this story about the experience . . . one of the little boys would go home at the end of the day but would always return and visit after all the other students had left. Then when Wilma was ready to leave, they would walk together. She would drop the little boy off at his home and then proceed to her own home. One afternoon after everyone had been dismissed, Wilma heard the familiar little knock on the door. This time, she leaned down low and said, "Boo!" In response, she heard a man's voice say "Boo right back to you!" When Wilma looked up, she saw it wasn't the little boy but a man who was new to the area. She felt totally embarrassed because she didn't sound very teacher-like and knew if the county superintendent had witnessed it, she certainly wouldn't approve!

## ***Words of Wisdom for Living a Long Life:***

Wilma never drank or smoked. She tries to maintain a positive outlook on life—tries to focus on the future and not the past. She says we must plan for the future and have faith that things will work out.

---

*April 9, 1911*

**Alice Ruter** is one of 14 children and has lived her entire life in Grundy county. She has a collection of over 400 vases from all 50 states and many countries. Alice taught in a one-room country school for 15 years and taught Sunday School for over 30 years. She enjoys word puzzles, sudokus, scrapbooking and canasta parties! Louise has exchanged the same Christmas card with her 105-year-old sister for 60 years! And here's a remarkable claim – she has NEVER been an overnight patient in a hospital!

*April 24, 1930*

**Ruline Steininger** As a five-year-old, Ruline remembers running to the front yard to wave goodbye to soldiers or passing troop trains headed for World War I. Her father, pastor of the local church, and others rang the bell to announce the end of World War I. All day long the bell rang. The war to end all wars was over and the boys that Ruline had waved goodbye to would be coming home to stay.

When Ruline was in high school, women had two options for a career – nursing or teaching. Ruline graduated high school in 1931, started college, acquired a large debt and quit. These were the years of the Great Depression. She never gave up. Ten years later, she received a degree in art and began teaching for the next 24 years.

On Valentine's Day 1942, Ruline was married. A few months later, her husband was drafted into the Air Force. World War II. He returned to her 3-1/2 years later.

Ruline's greatest accomplishment has been two her sons, both artists, and three grandchildren. Ruline says the future of our country, with its well prepared and generous younger generation, looks bright. What we haven't been able to do, they will accomplish. Perhaps peaceful solutions will become a reality.

***Words of Wisdom for Living a Long Life:***

Eat organic food. Walk for an hour daily. Ruline does! And she walks three flights of stairs everyday, too!

Stay interested in your community, our government and world events.

Vote! Ruline looks forward to voting for the first female president of the United States.

---

*July 31, 1913*

**Marville Stichter** was born in Valley Junction, West Des Moines in 1913. Her father worked for Rock Island Railroad and her family frequently rode the train to visit relatives. Marville was graduated from Valley High School and Mercy School of Nursing. Married for many years, she has one child and one grandchild.

***Words of Wisdom for Living a Long Life:***

Marville feels that God has given her a long life because she hasn't finished the job he wants her to do.

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*January 20, 1912*

**Edna Van Zee** of Newton is proud to state that "her whole life, so far, has been spent in Iowa." Ninety eight years of that time she shared with her twin sister Ellen Donelson. They grew up together as the 'boot twins' who were always together, even studying from the same books through their college years. The both pursued teaching careers. Edna says that she married Bill Van Zee who "put up with me for 67 very special years" until he passed and they had a daughter Mary Jo and a son, Bruce. Edna and Bill were farmers growing corn, soybeans and raising angus cattle, hogs and chickens and Edna writes that she "helped in every category and became proficient in operating tractors and wore out, at least, 7 lawn mowers.

Edna still enjoys playing pool, scrabble, walking and playing the piano and says that she has 'said goodbye' to Model T's, Pontiacs, Buicks and Oldsmobiles and says a "Hooray" to no more snow shoveling or flat tires!

***Words of Wisdom for Living a Long Life:***

Edna says that it helps to have a "good Dutch heritage", loving parents and a mother who was a good cook. Edna's advice is to not: climb a tall tree or the windmill tower; fall off a horse; get stuck between two buildings and to be sure to stay away from a new mother cow – in other words – she says "survive a normal country kids life."

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*June 5, 1908*

**Hazel Ventling** When Hazel was very young she had a pet pig named "Jimmy Grunt." He followed her to school one day. Hazel was told to take him home because he was grunting at the school door. The children all enjoyed him but, needless to say, the teachers felt otherwise.

***Words of Wisdom for Living a Long Life:***

"Keep a positive attitude."



# ***Celebrating Iowa's Centenarians***

*January 28, 1913*

**Lawrence E. Vogel** was born in a log cabin on the banks of the Milk River in Montana. He learned to ride horses about the same time he learned to walk. Lawrence remembers the big long troop trains coming home to Hinsdale, Montana and every church bell in town peeling for hours, people dancing and singing in the streets to celebrate the end of World War I. His grandfather moved to Creston to work for the railroad. His parents both went west and settled in Montana but Lawrence came back to Iowa in 1944 and farmed in Lamoni. He continues to serve as an elder for Community of Christ Church.

***Words of Wisdom for Living a Long Life:***

"Eat right and live a healthy lifestyle." When people ask Lawrence the secret of his longevity, he tells them "just keep on having birthdays!"

---

*June 2, 1913*

**Hazel Wangsness** graduated from high school in 1932 with a certificate to teach country school. After four years of teaching, she married.

In the late 60's, Hazel answered an ad for a tutor at Northeast Iowa Community College in Calmar. She got the job and faced classes of 10 men! "Wow! What have I gotten myself into?" she thought. But being a strong Norwegian, she got through it. After two years, she became the first GED teacher for the college and continued in that capacity for 10 years.

***Words of Wisdom for Living a Long Life:***

"Be happy. Be kind. Be faithful. Be fair."

---

*July 10, 1909*

**Donald Whitcomb** has lived all of his life on the family farm where he was born in 1909. He has lived and worked most of his 104 years.

Donald graduated from the University of Minnesota.

He is an excellent trumpet player and taught band to many students.

In 1959, Donald was guest conductor at Midwest Band and Orchestra Clinic in Chicago where his daughter, Francea played flute solo with the band.

Donald has FIVE daughters, all of whom studied music in college and became performers and teachers.

At age 100, Donald was honored as Band Master at North Iowa Band Festival in Mason City.

***Words of Wisdom for Living a Long Life:***

Donald never smoked or drank alcohol. He ate mostly healthy food that he and his wife raised. "Well, just keep living!"

## ***Betty Grandquist Lifetime Achievement Award***

**Julie McMahon**

Iowans are giving people. Countless individuals contribute to the welfare of older Iowans and individuals with disabilities. But we pick just one outstanding individual annually and bestow recognition in the form of the Betty Grandquist Lifetime Achievement Award. This year, the honoree is Julie McMahon. Julie has supported public health services her entire life, the past 26 years in Iowa at the state and local levels. Her impact has been felt under the golden dome as well as the bedside. She has advocated for Healthy Aging Funding and she has provided direct nursing care in order to keep individuals in their own home. A few of the descriptors her colleagues use: Tireless, giving, gracious, kind, leader of integrity.

# Concurrent Sessions B

**2:15 PM—3:15 PM**

**Room 275 B1—Aging and Disability Resource Center (ADRC): Statewide Expansion:** Per House File 2320 (Iowa's 85th General Assembly) Iowa's Area Agencies on Aging were designated as aging and disability resource centers (ADRCs). The ADRC is the "no-wrong-door/single-entry-point" system for accessing long-term supports and services. Through this law and through the Iowa Department on Aging's partnership with Iowa Medicaid Enterprise's Affordable Care Act initiatives, including the Balancing Incentives Payment Program and the Statewide Innovation Model, the ADRCs will be an integral part of how all Iowans and their family caregivers access long-term supports and services. This presentation will present current initiatives and future planning for Iowa's ADRC.

*Joe Sample, Aging and Disability Resource Center Director, Department on Aging*

*Jill Gleason, Associate Director, Heritage Area Agency on Aging*

*Mike Isaacson, Director, Northeast Iowa Area Agency on Aging (NEI3A)*

**Room 260 B2—Private Care Contracts:** Do you know someone who needs assistance or care, or are you a person who requires assistance or care? Before you ask a friend or family member to help you – and offer to pay them for their services – there are things you might want to consider. This session will help you identify if there is a need for a written contract, what should be included in that contract, and the details involved.

*Ross Barnett, JD, Abendroth & Russell Law Firm*

*Madina Nguyen, JD, Abendroth & Russell Law Firm*

**Room 262 B3—Volunteer Programs: Panning for Gems:** Volunteers are an untapped valuable resource. There are many talented and skilled volunteers and volunteer opportunities in the aging and disability network. This workshop will discuss the newly established Certified Volunteer Long-Term Care Ombudsman Program, the Retired Senior Volunteer Program, and the Corporation for National and Community Services. Volunteers are needed for a myriad of roles including serving as a volunteer long-term care ombudsman, senior companion, foster grandparents, home repair, etc.

*Merea Bentrutt, PhD, Certified Volunteer LTCO Program Coordinator, Department on Aging*

*Adam Lounsbury, Executive Director, RSVP, Iowa Department of Economic Development*

*Vicki Hover-Williamson, State Program Director, Corporation for National and Community Service*

**Rooms 250–252 B4—Fund Development & Enhancement:** Not-for-Profit organizations, like other industries, are expected to do more with less; to search out and explore ways to raise funds and to engage in processes that enhance their financial needs as they continue to serve a rapidly growing population. The need for entities to think creatively and break out of the status quo is becoming more and more apparent and necessary. A variety of tools and techniques will be explored during this workshop.

*Josh Faber, Senior Consultant, Renaissance Group, Inc.*

**Room 254 B5—Technology, Product Design, Life Span and Aging:** Understanding the importance of the interaction between people and the environment has grown in recent times. Persons who are aging and/or have disabilities have a unique experience with their structural environment. This presentation will explore how the interaction between aging and disability and the physical environment can enhance learning as well as develop solutions to the challenges of an aging population and those with disabilities.

*Janis Terpenney, Ph.D., Joseph Walkup Professor and Department Chair, Iowa State University*

**Rooms 204 & 208 B6—Technology Room:** Bring your notebooks, kindles, iPods, iPads, iPhones, Smartphones, etc. for ideas and answers to questions on how to get the best from the helpful gadgets in the technology world. The technology room will have experts available throughout the conference to help you optimize electronic resources.



# Concurrent Sessions C

**3:45 PM—4:45 PM**

**Room 262 C1—Institutional Trends:** Housing is a basic human need that growing numbers of seniors cannot afford. This session will address how facility based care organizations are advocating for affordable senior housing – development, preservation and management including housing with supportive services.

*Steve Ackerson, Executive Director, Iowa Health Care Association*

*Bill Nutty, JD, Government Relations & Member Services Director, LeadingAge Iowa*

**Room 275 C2—Innovations to be Able to Stay Home Longer:** Surveys tell us that most people choose to remain in their own home for as long as possible, even when chronic or acute illness occurs. The panel will share innovative solutions to help people remain independent and safe as long as possible.

*Jo Dorhout, President, Virtual Interactive Families*

*Julie Bergeson, Rehabilitation Teacher, Iowa Department for the Blind*

*Jennifer Hutson, Certified Rehabilitation Teacher, Iowa Department for the Blind*

*Liz Sherwin, Executive Director, Illinois Iowa Center for Independent Living*

**Rooms 250–252 C3—Uniform Power of Attorney Act & GAIN: Protecting Your Bag of Gold:** This workshop will discuss the Uniform Power of Attorney Act (UPOAA) which provides safeguards against power of attorney abuse including provisions for prevention of abuse, the detection of abuse and the redress of abuse. In addition, the relatively new formation of the Guardianship Association of Iowa Network (GAIN) will also be introduced. GAIN is a dedicated group of individuals that meet on a monthly basis and are interested in developing and serving as a network of people who work in substitute decision making fields. Directly after the workshop, a meet and greet session will be held for conference participants who wish to learn more about GAIN.

*Paige Thorson, JD, Legal Assistance Developer, Department on Aging*

*Sherri Pollard, Vice-President of Guardianship Association of Iowa Network (GAIN)*

**Room 260 C4—SIM/ACO/IHAWP: Remodeling Iowa's Medicaid System for Better Outcomes:** Iowa Medicaid Enterprise has been actively engaged in multiple projects to balance Medicaid expenditures between home and community-based services and institutional care. These projects will deliver integrated health care through coordinated healthcare and community networks. This presentation will be an overview of the Statewide Innovation Model that will assist in establishing Medicaid-based Accountable Care Organizations throughout the state.

*Marni Bussell, SIM Project Director, Iowa Medicaid Enterprise*

**Room 254 C5—Clothing Design and Adaption with the Use of Emerging Technology:** “Why clothing?” Of course, clothing is only one of many resources that people may use to express themselves, to communicate with others, or to function in various environments. Clothing, the closest human-built environment, can be used as a coping strategy or needs satisfier for human beings to meet many types of needs. Because the older segment of the population is increasing proportionately at a greater rate than other segments of the population, attention to their clothing needs and preferences makes sense from a market and human issues perspective. This presentation explores older consumer's clothing needs, their attitude toward 3D body scanning technology as well as other associated technologies. Potential application of 3D body scanning technology in health prevention, posture modification, and body image for older adult's healthy aging will be discussed.

*Young-A Lee, Ph.D., Associate Professor, Iowa State University*

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**Iowa Commission on Aging**

**October 14, 2013 • 5:00 PM**

**Location: Iowa State Center, Scheman Building, Ames Iowa**

**Conference Call Information:** Dial: (877) 273-4202 and use Room Number: 8547124#

**Draft Agenda**

5:00 PM	Call to Order	Chair Grandquist
5:00	Roll Call	Recording Sec'y
5:05	Approve Agenda (Action Item)	Voting Members
5:05	Approve Minutes (Action Item)	Voting Members
	<ul style="list-style-type: none"><li>• June 14, 2013</li></ul>	
5:10	Director's Report	Director Harvey
5:30	Federal and State Legislative Report	Kimberly Murphy
	<ul style="list-style-type: none"><li>• OAA Reauthorization</li><li>• Legislative Asks</li><li>• OIL Priorities</li></ul>	
5:45	Administrative Rules (Action Item)	Kimberly Murphy
	File and Adopt: Chapter 10 – Senior Internship Program (SIP)	
5:55	Budget Presentation	Joel Wulf
6:10	Federal Grants Update	Joel Wulf
6:20	Announcements from the Commission and/or Department Staff	
6:25	Next Commission Meeting	
6:30	Public Comment	
6:35	Adjournment	

This meeting is accessible to individuals with disabilities. If you have special needs, please contact the Iowa Department on Aging at (515) 725-3302.

# Concurrent Sessions D

**Tuesday, October 15**

**8:30 AM—9:30 AM**

**Room 262 D1—Motivational Interviewing:** Motivational interviewing is a method to help a client want to make a behavior change. Interviewers use techniques such as open ended questions and reflective listening to help clients explore and resolve behaviors or issues. This session will demonstrate how this technique can enhance the provision of client-center services.

*Linda Snetselaar, R.D., Ph.D., Associate Provost of Outreach and Engagement, Endowed Chair,  
Professor, University of Iowa*

**Room 260 D2—Connecting Families with Technology:** Are you a caregiver? Are you too tired to leave home, but wish you had support, information and resources available to you? This panel of presenters will share innovative programs that you can use in the privacy of your own home, on your own time.

*Anthony Carroll, Associate State Director for Advocacy, AARP Iowa  
Polly Johnston, Program Specialist, Alzheimer's Association  
Gina MacRae, Caregiver Support Coordinator, Veterans Administration*

**Room 275 D3—Advocacy Roles:** The panel is represented by a range of individuals from governmental and advocacy-based organizations. The panel will discuss the goals and mission of each organization, the advocacy role served, and advocacy methods utilized.

*Ruth Cooperrider, JD, Ombudsman, Office of the Ombudsman  
Jane Hudson, JD, Executive Director, Disability Rights Iowa  
Kimberly Murphy, JD, Policy Coordinator, Department on Aging  
Beth Townsend, JD, Director, Iowa Civil Rights Commission*

**Room 250–252 D4—Assistive Technology & Independence:** The Iowa Program for Assistive Technology (IPAT) helps Iowans find out about and get the assistive technology (AT) they need as part of their daily lives to learn, work, play, and participate in community life safely and independently. IPAT serves Iowans of all ages with all types of disabilities, including persons who are aging. Assistive Technology includes items that individuals use to assist them in daily activities, such as canes, wheelchairs, communication devices, hearing aids, keyboard alternatives, learning software and vision aids.

*Gary Johnson, Coordinator of Community Programs, Iowa Program for Assistive Technology*

**Room 254 D5—Senior Health Insurance Information Program (SHIIP):** Staff from the Senior Health Insurance Information Program (SHIIP) will update participants on three "hot" topics—how the Health Insurance Marketplace relates to and interacts with Medicare; Medicare drug coverage for 2014 and important Medicare assistance programs.

*Kris Gross, Director, Senior Health Insurance Information Program (SHIIP)*

**Room 204—208 D6—Technology Room:** Bring your notebooks, kindles, iPods, iPads, iPhones, Smartphones, etc. for ideas and answers to questions on how to get the best from the helpful gadgets in the technology world. The technology room will have experts available throughout the conference to help you optimize electronic resources.

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## Keynote Address—10:00 AM to 11:30 AM (Room 220)

### “Family Caregiver Interventions: Where Are We and What’s Next”

#### David W. Coon, PhD

*Associate Vice Provost and Professor in the College of Nursing & Health Innovation at Arizona State University*

Caregiving for family members or friends with a chronic health condition can impact physical health and emotional well-being, and can yield both social and financial consequences. Using Alzheimer's Disease and related dementias (ADRD) as an example, Dr. Coon provides an overview of stress across the course of caregiving; the current state of intervention research designed to reduce caregiver distress across this trajectory; key tools and strategies demonstrated to reduce caregiver distress; and, future interventions.



## Panel of Experts—11:30 AM to 12:30 PM (Room 220)

### “What’s Next for Iowa”

Director Donna Harvey, Iowa Department on Aging—Moderator

Director Mariannette Miller-Meeks, Iowa Department of Public Health—Public Health

Director Becky Harker, Iowa Developmental Disabilities Council—Disability Network

Policy Consultant John Hale, Iowa Caregivers Association—Workforce

Bureau Chief Theresa Armstrong, Iowa Department of Human Services—Mental Health

Provided direct care professionals to escort  
centenarians for their celebration.

#### HOMEWARD Home Care Services



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# Thank you!

The success of the Independent Living Conference depends on the dedicated efforts of the many individuals. We extend our sincere gratitude to the following individuals:

## Escorting the Centenarians

### Direct Care Professions

*Matt Clevenger*

*Lisa Davis*

*Cathi Gilmore*

*Cleva Johannes*

*Paula Luther*

*Gail Maach*

*Sharon Ratcliff*

## Centenarian Celebrations Committee

*Daniel P Ernst*

*Bobbie Finch*

*Paula Krueger*

*Joyce Norris*

*Rik Shannon*

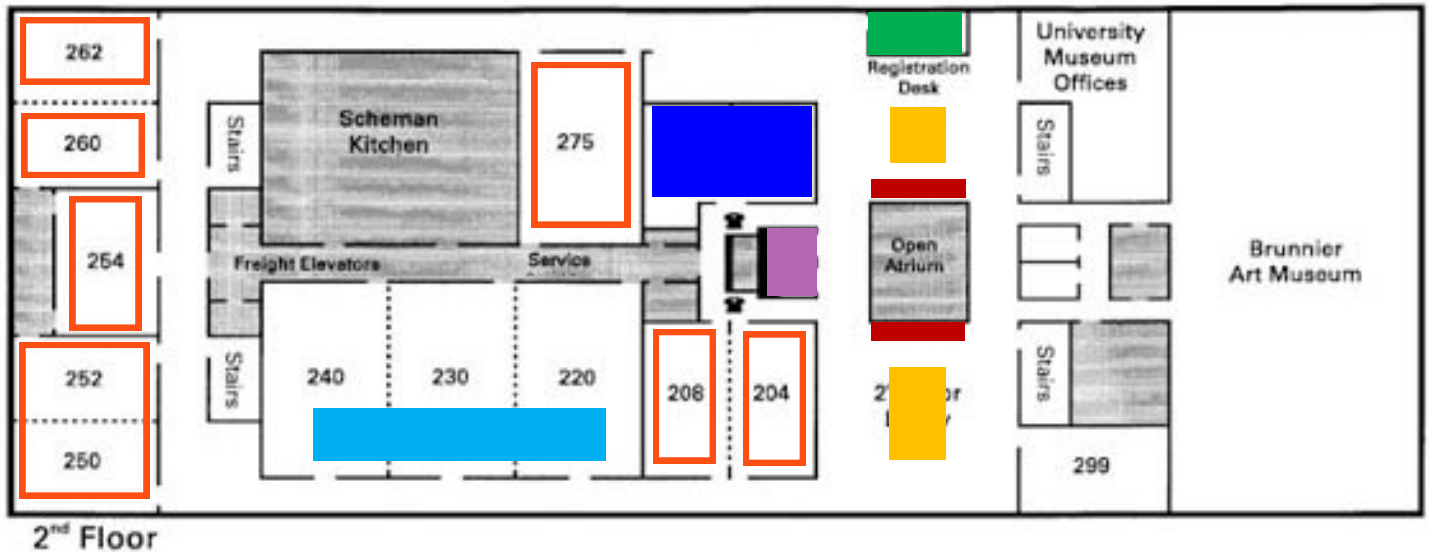
## Keynote Speakers








## Workshop Presenters



# Scheman Building

## 2nd Floor Map



- |   |  |
|---|--|
|  Elevator                      |  Refreshments   |
|  Exhibits                      |  Restrooms      |
|  General Conference Activities |  Workshop Rooms |
|  Registration Desk             |  |



# Conference Map



## From Des Moines (south):

Interstate 35 north to exit 111B  
 US Highway 30 west to University Boulevard exit 146  
 Right onto University Blvd. north to Iowa State Center  
 Left onto Center Drive

## From Davenport (east):

Interstate 80 west to Des Moines  
 Interstate 35 north to exit 111B  
 US Highway 30 west to University Boulevard exit 146  
 Right onto University Blvd. north to Iowa State Center  
 Left onto Center Drive

## From Council Bluffs (west):

Interstate 80 east to Des Moines  
 Interstate 35 north to exit 111B  
 US Highway 30 west to University Boulevard exit 146  
 Right onto University Blvd. north to Iowa State Center  
 Left onto Center Drive

## From Minneapolis (north):

Interstate 35 south to exit 111B (second Ames exit)  
 US Highway 30 west to University Boulevard exit 146  
 Right onto University Blvd. north to Iowa State Center  
 Left onto Center Drive

## Attendees Needing Accommodations

Accessible parking is available in the front row of the parking lot north of the Scheman Building and in the fire lane located west of Stephens Auditorium. Elevators are located in the lobbies of all levels.

Every effort is made to ensure each of our attendees will have an enjoyable experience at Iowa's Prospects for Independent Living Conference. If you have questions, please contact us at 515-725-3333 or 800-532-3213.